

Health, Beauty And The Home

From Foreign Lands

By Mrs. Christine Frederick,
The Distinguished Authority on Household Efficiency.

ASKED in this page several weeks ago if readers would send in some of their best recipes so that we could put what dishes from foreign lands could be best Americanized. I from the quantities of mail coming to my desk I find that readers of this page are most interested in adapting novel dishes to use in this country.

One reader sends a splendid recipe for lentils, and this makes me want to say a few words about this humble member of the bean family. Lentils are the small, flattened seeds, gray-green, which some persons know only as things for kindergarten children to use in making maps or pictures. Lentils are that historic food so often mentioned in the Bible as "poilage." They were known on the "hills" of Egypt and other ancient countries. They have the most delicate flavor of all the beans and they are the most easily digested. There is not one ounce of waste, every seed can be eaten, and they are as nourishing as steak or more so.

Here is the way one reader of this page says she cooks them: Wash over and clean two cups of lentils and let soak overnight. Place in fresh water and boil slowly with two small onions, peeled and sliced, and a bacon or ham-bone end. Have just enough water so that at the end of the cooking there will be none to throw off. Just previous to serving add one-half can tomato soup (possibly more to some tastes), a little salt, pepper and thyme. Serve as the chief dish, thick, but with every lentil perfect, not mashed. Slices of fried bacon can be added at last, or Frankfurters, skinned and laid on as a garnish.

I hope many readers will try this simple dish at once, as I know of no more delicious one for a chilly night. Even the children can eat heartily of it. The cost is about forty cents, I should say, for about six servings, and no other meat would be needed, as lentils are meat equivalents.

Our next recipe is about onions,—just plain onions! I wonder how many of us use onions baked or stewed as much as we should? The onion contains sulfur and various other cleansing salts, is an antidote for colds and one of the most healthful of the winter vegetables. It is nonsense to say "I can't eat

onions" and to regard their use as plebeian and "cheap." Try this recipe for stuffed Bermuda onions and see if it doesn't change your opinion.

Butter a baking dish and lay on it four large Bermuda onions, cut in half crosswise and with the cut end up. Take the meat of two or three sausages from their skins, mix with fork, and add chopped parsley and the juice of half a lemon. Spread across the top of the onion slices and lay in slow, moderate oven for a half-hour, being careful to baste often with sausage fat or a little added water. Season with salt and pepper.

Such a dish ought not to cost more than fifty cents for serving six persons heartily, and it combines meat and vegetable in a fine way. I think, however, it must be watched in cooking, as on a gas range especially it might get overdone. I would add a dash of tomato sauce, too, for a change.

Banana tart is the next on our list. I choose this because of its novelty and because it can be copied in any section of the country. Even at present prices bananas are no dearer than other pie fillings. This is the way one of my readers says to make this dish:

Lightly grease a large pie plate and cover with a medium rich crust. Spread bottom of crust with three tablespoons orange marmalade. Take eight very ripe bananas, add four tablespoons sugar and one-half teaspoon vanilla. Beat well and spread over the marmalade. Set in hot oven twenty minutes. Then beat the whites of three eggs to stiff froth, add two tablespoons powdered sugar and make a meringue. Smooth over pie, adding one tablespoon grated coconut, and brown again in oven. Make this in small, separate party tins. It is excellent for the children's lunch boxes.

Our next dish is a potato puree from a reader who says it is a Lithuanian dish. Well, it seems to me good enough for an American family, as it is so nourishing and sounds most appetizing. I could think of nothing better as a dish for the children some winter noon or as a prelude to supper at this season of the year. It is made as follows:

Place a half-pound salt pork cut in small dice, four sliced leeks, two bay leaves and two tablespoons



Lina Cavalieri.

(Photograph by Charlotte Fairchild).

butter in a saucepan and fry out for ten minutes until brown. Add six large pared potatoes and three pints strong meat broth and cook slowly until tender, about forty minutes. In a separate pot cook two tablespoons pearl tapioca in a pint of boiling water, then drain. Add, with one pint of hot milk, the previous mixture, which has been passed through a coarse sieve. Season and serve hot with toasted bread.

We could make this soup still more nourishing by adding the beaten yolks or whites of a couple of eggs. What a really good soup this sounds! I am particularly interested in soup, so I hope other readers will send in soup recipes.

sauce among them. Break an egg into each cup and, last of all, pour over a tablespoon of cream into each cup, and season with salt and white pepper. Set in oven for five minutes and serve at once.

Well, what do we think of our first handful of "adapted to America" recipes? I think they are most economical, tasty and seasonal. I wish you would send me in some good ones for fish, for more soups, for cheap meat or meat dishes, some adaptable dumpling or pastry from "over there." Remember, that to be given preference the recipe must be seasonal to winter, economical, "different" and of as general appeal as possible.

Brown four tablespoons diced raw ham with one tablespoon melted butter. Add one-half teaspoon curry powder, a little parsley, one cup canned tomato soup and heat through. Next butter six cocotte, or custard cups, and divide this

Those "Little Things"

By Lina Cavalieri
The Most Famous Living Beauty.

THERE are so many "little things" in the care of beauty that the careless person thinks not worth while. But I want to assure you that every one of them is very much worth while.

For instance, it seems a little thing and scarcely worth while to comb the hair in many small bunches, giving to each of them an individual place, so to speak, of its own. But it makes the difference between a cloudy mass of halo-like hair softly framing the face or a sticky-looking mass revolting to the taste of every refined woman who looks at it.

It seems unimportant that the neck is stained by high, dark collars, yet if that stain is not removed the young woman possessing it will make a most unpleasant impression in an evening gown, or even in a day frock with a Dutch neck.

It looks like "foolish fiddling" I heard one girl say when I admonished her to brush her eyebrows; yet I consider it just as important to brush them as it is to brush the hair. Every hair in the average eyebrow is precious, and the loss of a few hairs in the eyebrows detracts materially from the beauty of the face. For this reason the most careful attention should be given them daily.

Of course, I know it looks rather absurd to see a woman suddenly seize a bunch of her hair and shake it rapidly and steadily from three to five minutes, but it makes the difference between a heavy arrangement of hair about the face which is never becoming and a fluffy, light one that sets off the features to best advantage.

It may not seem worth while to buy an orangewood stick, a package of absorbent cotton and a small bottle of peroxide to assure the nails being spotless between manicures, but it marks the vast difference between the slovenly and the well-groomed person.

It may seem useless to cleanse carefully the little dark edges between the teeth every week or oftener, yet it is distinctly worth

while to have a wholesome and attractive looking mouth.

Nor is it a foolish waste of time to give the mouth a thorough rinsing three or four times a day, but it is worth while to be a tolerable member of society instead of a disagreeable nuisance.

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My Secrets of Love

(Continued from Front Page)

a ball which you had served out of court!

If you want to know about love you must use logical reasoning as about everything else.

And the first thing to learn—and to drum into your head—is that no one can love or un-love at will! And that all love partakes of the nature of a magnet.

No one would blame a needle for falling from a magnet if the drawing power left the magnet! So how is it possible for either man or woman to blame the other person for something for which they themselves are responsible, and not the other person at all?

Some natures are of course more fickle than others and tire more easily, but the actual tiring cannot be reproached to them, since they cannot control it; they can only control demonstration, as I said before, not the feeling itself; so the only protection against a fickle person is to avoid him or her in time!

I enforce this point of non-responsibility, because all men and women reproach each other for ceasing to love when they should examine themselves to find out what in themselves caused this change.

Could you order yourself to feel love for a particular person? No! Your actions could be made to obey you and stimulate affection, but you could not make yourself feel emotion.

Could you order yourself to discontinue loving a certain other person? No! Your actions might become cold, but your will could not alter the inward passion, that would either stay or go according to the magnetic power of the loved one.

Thus, realizing that it is in one's love, one ought to be very careful in using the right methods to accomplish this.

and it must never be forgotten that the hunting instinct in man is to be reckoned with, which makes his love to thrive upon the chase.

Love is an intoxication; it affects the pulse like wine. It brightens the eye and causes the cheek to glow. It inspires great actions and great sacrifices. Most people would give up even their overmastering vice if by retaining it they would lose their loved one.

That is, while the passion is supreme!

How often, for instance, does one see men who drink too much becoming completely reformed when in love and the habit only reappearing when marriage has brought an absence of necessity to please the woman—or lose her!

Love improves the character; it brings kindness and tolerance for

others and a generosity unknown at other times.

Love can cause more suffering than hate; and the cruellest weapon to chasten a loved one is silence. Silence is a slow torture. Who that has loved does not know the strain of waiting for the post and the anguish of disappointment when no letter arrives day after day, week after week.

When love is very perfect between two steadfast characters it seems to rise beyond the law of change, which operates with an ordinary affection.

It seems that then sickness and physical unattractiveness do not diminish the tenderness, and that the usual laws are upset. The love of Heloise and Abelard is an instance of this perfection, the profound passion lasting through sorrow and absence, even when all possibility of satisfying love had been removed.

But great passions are much oftener found only on one side, the man adoring the woman through everything which would kill a lesser affection, and vice versa. When passion is equal it is very wonderful and sacred and blessed.

When once two people feel certain they love their whole intelligence should be used to see if love can continue to remain in this blissful state. Every art of pleasing should be exercised by both, and every attraction polished. Selfishness should be curbed and all habits likely to disillusion the other.

If a man were swimming to the shore he would use all his strength and ingenuity and resourcefulness to reach it; he would not just drift along, hoping to get there some day, and he would not do things which an instant's reflection would tell him would cause him to drown!

If a man strongly desired a sum of money he would not casually let his efforts to obtain it become nil. So why should any one imagine that love can be treated casually, and yet remain a burning flame!

The moment it is an emotion which is in question all common sense disappears, and people allow their vanity to take command, and they are incapable of perceiving justice, or using the sensible arguments they would employ over any other matter in the world and then shelter behind the old saw that love is "a madness" and there is no logic about it! We will not now go into the question of whether there is or is not logic in love—but we certainly cannot be so idiotic as to pretend that there is no logic to be used in the management of it!

If you had a very delicate machine the working of which you were responsible for after it had been entrusted to you, you would

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study it and keep it clean and watch all its intricate little wheels and arrest the slightest signs of its going wrong by instant attention. You would give it the oil it required for its smooth running, and you would take a pride in it. You would not sit down after it was in your care and turn upon it a casual glance now and then, giving it no oil—or too much—and the wrong winding, and every stupidity, and say it was a "madness," and every one knew it was a madness, and therefore there was nothing to be done about it!

But that is the attitude nearly every man and woman takes about love!

Numbers of men ruin the happiness of their loved ones and finally their own by their grudging of tender words. They display that mulish quality of obstinacy just because they know it would give the woman supreme joy to hear she was loved; they determine never to say the words. They may be the kindest creatures otherwise, but never analyzing anything to do with emotion, they are quite unaware that they are causing real pain and dissatisfaction. They have a stubborn feeling that they won't speak because the woman expects them to!

Now, have you ever thought why it is that women do long for men to express in words that they love them? It is because they unknowingly crave for some justification for their surrender—because the actions of love do not prove love at all, but could be as well called forth by the most animal attraction.

Therefore words are desired. When love holds any human being the subconscious mind invests the loved one with all the virtues, and truth being the chief virtue and words being the expression of thoughts, the natural instinct desires words, because the words of a perfect being—which is what the subconscious mind has imagined the loved one is—cannot lie. Hence the perfectly unconscious desires of all lovers to hear the loved one say, "I love you!"

If a woman is intelligent she does not go on asking the question, "Do you love me?" Once she is certain about the fact she lets it be.

And if a man is intelligent he says he loves her fairly often of his own accord, knowing that by making this concession he is gaining a sure reward in the stimulation of her love.

No one can go on holding a woman's passionate love for any length of time who is silent and moans and grudges in love words. The woman will beat her heart out against the bars and hunger and dissatisfaction will finally kill her emotion.

Let all uncouth and grudging lovers realize this. Then they can ask themselves whether they prefer continuing to express their own mean characteristics, and so losing the woman—or changing these ugly things in themselves and keeping love.

It is just to balance up which is most worth while for happiness. If the expression of any part of our personality rebuffs love and we really desire love, then it is surely obvious that we would prefer to change our personality! The will can do anything, but unfortunately vanity is most often the strongest force in an individual. So when you hear of people saying that they are "too proud" to apologize, or "too proud" to make it up, and are constantly being touchy with their loved ones and sulking, you may know that vanity is their ruler, and that to express this quality is a stronger desire in them than the desire for love.

That is logic which I hope even readers obsessed with the want of it in love can understand! How often you see people who have been ardent lovers for two or three years sinking down into a dead level of humdrum existence! They are not unhappy; they have each taken on other interests, in work, or family, or society. They get along all right—but they have barred all real joy, legitimately obtained, from their lives. And in five cases out of ten the man finds it elsewhere, while the woman atrophies. This is if the marriage goes on apparently calmly and successfully.

Of course there are many cases where the passionate nature of women will not be suppressed or drugged with the narcotic of work and family or duty and society, and these seek and find love again, outside their homes. If the nature of either man or woman is passionate and desires love and the joys of love, they will find it. No matter the restrictions, for love is strong as death. "Many waters cannot quench love, neither can the floods drown it."

Thus (logic again!) would it not be more prudent if those finding themselves caught by the "madness" were to investigate its nature—study its workings and its laws, and get the best benefit out of it instead of letting the mismanagement of it bring sorrow and anguish—when it does not actually destroy life?

There are some women born with a supreme power of attracting love. They are not always beautiful, but the magnetic waves flow from them which draw everything male. They are not always happy—they are strong, confident, the very fact of attracting all men keeps the hunting instinct alive, and so keeps the

By Elinor Glyn

men ardent. They know that the slightest relaxation on their part to please the woman will be instantly taken advantage of by a waiting rival. Sometimes these charmers never feel real love themselves, or they take a fancy to some creature totally unworthy who treats them with contempt, or they have a continuous series of passions which never last. There are men with this gift also. "It," in short—that unexplainable, illusive, exquisite "it!"

Now, all further thoughts upon this interesting subject must wait until next week. Space forbids further analysis.

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